

VITAL SIGNS

VOL XI No. 9

Naval Hospital, Orlando, Florida

August 1987

Commander's Cup

Do we want to keep this trophy? YES!!!!

This huge, Commander's Cup Trophy has all the names engraved of the commands who were previous winners. Naval Hospital Orlando is on there for 1986 and 1987. If Naval Hospital Orlando can win one more year, it will be ours to keep. If we can do it, it will be a "first" since this program began in 1977.



HMC Walter Stankiewicz, USN, our Athletic Representative, and HMCM L. McColligan, USN, Command Master Chief, need your help to keep the Commander's Cup at this command.

Naval Hospital Orlando set a record last year when we amassed a grand total of 1,002 points in Commander's Cup competition. Now, we have to live up to our record. Competition for the Cup is for active duty members only but that doesn't mean we can't all get out there and support our teams.

The sports calendar is shaping up like this: On 10 September, the Bowling starts. The South Atlantic Sports Conference Golf Tournament will be held at Naval Station, Mayport from the 18th to the 20th of September. 23 October has been established as the entry deadline for Commander's Cup Individual Sports Doubles Tournament.

Looking forward to November, on the 2nd will be the beginning of the Individual Sports Doubles Tournament. On the 4th, there will be a Basketball Jamboree and the Basketball League will start on the 9th; Student Basketball League will start on the 13th. On the 21st, we will be participating in the Turkey Trot (3-mile fun

run and a 1/4 mile run for the children). In December, we can look forward to the South Atlantic Sports Conference Flag Football Tournament to be held at the Sub Base, Kings Bay, Georgia. There are tentative plans for a "Foul Shooting" Contest, and there will be a Three-on-Three Basketball Tournament. There are lots more scheduled activities to round out the 1988 Commander's Cup Competition. Chief Stankiewicz is the point of contact for all of our athletic endeavors. For those of you who are interested in participating, contact him, and for those of you who are interested in being an enthusiastic spectator, watch for the flyers announcing the various events. Let's all get behind this effort and ensure that trophy will be ours to keep!

Would you like to join?

Oakleaf Club

The Board of the Oakleaf Club extends an invitation to all eligible members to join us for a "Welcome Aboard Gathering" on Thursday, 10 September at 1000 at the home of CAPT and Mrs. David Palmer. For information, including directions, please call: Mrs. Shirley West, 657-5429; Mrs. Cyndy Kinder, 678-6462; or Mrs. Terri Applegat, 629-9492.

Membership includes active duty military officers and/or their spouses assigned to Navy Medical and Dental Commands, retired Navy Medical and Dental Department Officers and/or their spouses and spouses of deceased officers. Associate memberships are extended to any civilian, GS-7 and above, attached to the medical or dental commands.

Toastmasters

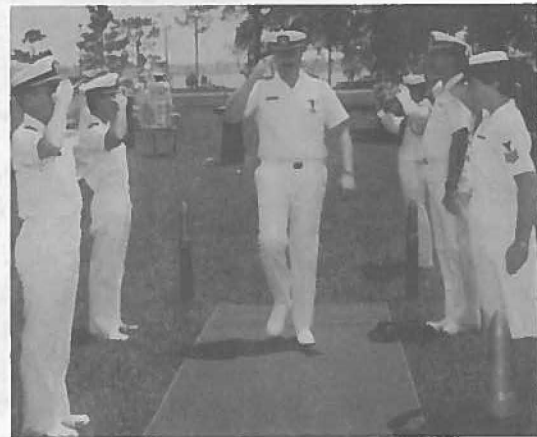
The Helmsmen Toastmasters Club is now meeting the first Wednesday of every month at 1130 to 1300, in the Wardroom, at the Officers' Club. Developing your speaking skills will make the difference in achieving your job-oriented goals. An invitation is extended to everyone to attend. If you desire more information on Toastmasters, call Mr. Mike Charles, X-4416 or after 1800 at 365-1952.

LCDR Butcher retires

LCDR Ronald E. Butcher, NC, USN, Head, Operating Room Department, retired from the U. S. Navy on 23 July.



Among the many presentations, Lcdr Butcher received the Navy Commendation Medal from CAPT Palmer.



A day he will never forget ... Lcdr Butcher steps smartly through the side-boys and into a new and challenging career.

American Red Cross



Volunteer Hours

for July -

1616 1/2

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Volunteer of the Month



The American Red Cross Volunteer of the Month for August is Mrs. Trudy Tapie. Trudy has been an ARC volunteer for 28 years! She formerly was the Base Chairman for the ARC Volunteers and is now the Administrative Assistant for the ARC office at the hospital.

Vital
Signs

STETH - O - SCOOP

By HM1 William P. Macchi, USN



What's America's #1 sport? What team is the best representative?



LT Nancye K. Warren, NC, OB/Nursery Ward Charge Nurse: "Baseball and the New York Yankees. I think their wide mix of personalities is real representative of America."



Mr. Jim Anthony, Fiscal Department: "Professional Bowling. Bowlers are ardent and devoted sportsmen."



Mrs. Jean Booras, Secretary to XO: "Basketball and the Boston Celtics. It used to be hockey and the Bruins, but I don't get to see much hockey anymore."



HM3 Margaret Williams, Staff Education and Training: "Football with Jim McMahon and the Chicago Bears ... all those men in tight pants in one stadium!"



LT Stephen Barton, MSC, Social Work Department: "Baseball. I think the Baltimore Orioles are the best representatives; they have a stable system and groom their players from the minors to the majors."



HN Kevin Baker, Optometry Clinic: "Basketball and the Boston Celtics. I like the Lakers but the Celtics are the best representatives."

Staff Journal

The 10th of July was reenlistment date for two staff members.



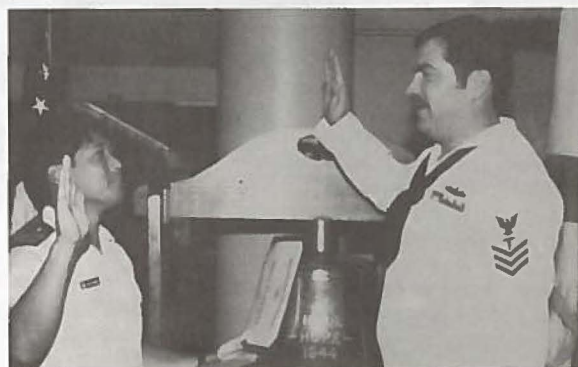
HM2 Ronnie Rutledge, Medical Central Sterile Supply, happily accepts his letter and congratulations from CAPT Palmer as he was "frocked" to HM2 on 10 July.



HMCS Anthony Ciaramitaro, USN, Assistant Security Officer, was reenlisted by LTJG Paul Henson, MSC, USNR, Head Operating Management Department.



Mr. James W. Dean, RN, Nursing Services, accepts his Outstanding Performance Award on 10 July from his former department head, CAPT Harry J. Candela, MC, USN, Occupational Health and Preventive Medicine Department.



HM1 Wayne Kysor, USN, Manpower Management Department, was reenlisted by LCDR James Nakashima, MC, USNR, Internal Medicine Department.



The staff members responded to the call for blood when the ARC Blood Mobile paid us a visit on 14 July. Among the volunteers was HM3 Edward Ritter, USN, the Commanding Officer's Driver.



LCDR William E. Neiryck, NC, USN, Nursing Services, received a Letter of Commendation from CAPT Palmer on 16 July. LCDR Neiryck has now been transferred to Naval Hospital, Corpus Christi, Texas.



HM3 Vicki L. Ribolini, USN, Operating Room Department, received her First Good Conduct Medal on 16 July.



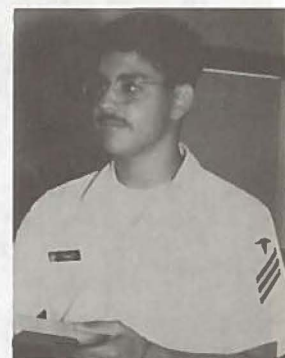
LT MarySusan Fillingame, NC, USN, received a Letter of Commendation from CAPT Palmer on 16 July. LT Fillingame will be attending the University of Florida full time under instruction.



LT Jane M. Morgan, NC, USN, was the recipient of a Letter of Commendation from CAPT Palmer on 16 July. LT Morgan has been transferred to the U. S. Naval Hospital, Keflavik, Iceland.



CDR Marvin I. Dodek, MC, USN, Branch Medical Clinic, NTC, transferred to the staff of the Naval Alcohol Rehabilitation Center, Pearl Harbor, on 17 July. On his detachment, he received a Letter of Commendation from CAPT Palmer.



HN John P. Quigley, USN, Branch Medical Clinic, NTC, (on left) and HN Harold A. Ramos, USN, both received a Letter of Commendation on 17 July from CAPT Palmer as they transferred to the 2nd Marine Division, Camp Lejeune.



Proudly showing off their new Third Class rating badges are (left to right): HM3 Brian H. Rand, HM3 Barbara E. Ritter, and HM3 Michael Nordeen. CAPT Palmer presented the frocking letters on 17 July.



HM2 Luis Rodriguez, USN, Branch Medical Clinic, NTC, received his First Good Conduct Medal from CAPT Palmer on 17 July.



WOW! HMC David Petty, USN, Branch Medical Clinic, NTC, proudly shows-off his 10 pound, 1 ounce, large-mouth bass. He hooked this one in the St. Johns River and that's no fish story!



On 31 July, Mr. Francis Reilly, Food Management Department, received his Certificate of Retirement from CDR D. G. Daniel, MSC(HP), USN, Executive Officer. Mr. Reilly's wife, Rebecca, was present for the ceremony which honored her husband's 36 years of Federal Service.



HN Juan Valdivieso, USN, Emergency Room, proudly shows his Letter of Commendation that he received from CAPT Palmer on 18 July. HN Valdivieso was commended for his actions in assisting victims at the scene of an accident.



Honors to our Sailor of the Quarter, 2nd Quarter, 1987, HM1 Tona G. Broome, USN, Laboratory Department. Petty Officer Broome received this check from Mrs. Shirley West, President of the Oakleaf Club, and also received a Certificate and Letter of Commendation from CAPT Palmer. The ceremony was on 20 July.



Our Bluejacket of the Quarter, 2nd Quarter, 1987, was HN John P. Quigley, USN, Branch Medical Clinic, NTC. He received his Certificate and Letter of Commendation from CAPT Palmer on 20 July, and also received a check from Mrs. West, President of the Oakleaf Club.



Naval Hospital Orlando said goodbye to the Director for Ancillary Services, CAPT M. L. Pratt, MSC, USN, on 3 August. CAPT Pratt was presented the Navy Commendation Medal by CAPT Palmer. CAPT Pratt transferred to assume his new duties as Commanding Officer, Naval Drug Laboratory, Jacksonville, Florida.



HM3 Tomas E. Perez, USN, Medical Repair, accepts his "frocking" letter to HM3 and congratulations from CAPT Palmer on 27 July.



Mrs. Patricia Bentley, Tumor Board Registrar, displays her 20-year Service Award that she received on 4 August.

The latest promotions



Dr. Lora Meadows, Internal Medicine Department, received her promotion to LCDR from CAPT Palmer on 4 August.



Promoted on 7 August, LTJG Edward Misakonis, NC, USNR, Nursing Services, had shoulder board assistance from CAPT Palmer and Mrs. Rosemary Misakonis.



... and LTJG Angelia Terry, NC, USNR, Nursing Services, had help with her new shoulder boards from CAPT Palmer and LT Alica Bartlett, NC, USNR.



HM1 Wanda Smith, USN, Branch Medical Clinic, NTC, accepts congratulations from CAPT Palmer after he had presented her with the Navy Achievement Medal. Petty Officer Smith received the medal on 12 August for her professional achievement of her duties in the Medical Board Section.



Mr. Tom Van Ells, Food Management Department, accepts congratulations from CAPT Palmer on 14 August as he retired from Federal Service. Mr. Van Ells was a Plank Owner and had 10 years of service with the Naval Hospital.



SGT James Clark, USAF, was commissioned as an Ensign in the Medical Service Corps of the United States Navy on 11 August. CAPT Palmer administered the oath to the new Ensign who had 13 1/2 years of service with the USAF and who entered the Navy through the Inter-Service Transfer Program. After OIS, ENS Clark will be stationed at the Naval Hospital, Jacksonville.



Ms Marie Hutchinson, Naval Hospital Orlando's most outstanding American Red Cross Junior Volunteer, was honored on Wednesday, 19 August, when CAPT Palmer presented her with a Certificate of Appreciation. She has spent her last two summers, working four full-days a week, assisting in the Pediatric Clinic. She has accumulated over 320 volunteer hours.



HM3 Ernest E. Adams, Jr., USN, received his First Good Conduct Medal on 20 August. CDR D. G. Daniel, MSC, USN, Acting Commanding Officer, made the presentation.



With a smile as wide as the railroad tracks, LT F. J. Fox, USN, Head, Legal Department, waits for his wife, Diana, and CAPT Palmer to pin on the new Lieutenant insignia. The frocking ceremony was held on 18 August.



LT Cheryl Ann Rossi, MSC, USN, Laboratory Officer, received a Gold Star in lieu of a second award of the Navy Achievement Medal on 20 August. CDR D. G. Daniel, CDR, MSC(HP), Acting Commanding Officer, made the presentation. LT Rossi was cited for her professional achievement at the Laboratory Medicine Department, Bethesda, MD.



LT John R. Gutch, NC, USN, Emergency Room, received a Letter of Commendation from CDR Daniel on 20 August. LT Gutch will be transferred to the

U. S. Naval Hospital Branch Clinic, Pinetamare, Italy, on 31 August.



HMC Vicki L. Greenwood, USN, Assistant Head, Manpower Management, received the Navy Achievement Medal from CDR Daniel on 20 August. Chief Greenwood was awarded the medal for her substantial superior performance of duty at Naval Hospital, Camp Lejeune, NC.



HMC Joseph T. Johnson, USN, Laboratory Department, was selected as Naval Hospital's most outstanding Senior Petty Officer for the period January to June 1987. CDR Daniel presented Chief Johnson with the Semi-Annual Leadership Award on 20 August.



Ms Janet L. Cuccia, Radiology Technician, Branch Medical Clinic, NTC, was selected as Naval Hospital Orlando's Civilian of the Quarter, 2nd Quarter, 1987. At the 20 August awards ceremony, she received her Certificate from CDR Daniel, a hos-

pital plaque and complimentary tickets for Sea World from Mrs. Gwen Bigham, President of the CWRA.

Doing for others**Mr. Seymour Fletcher**

There are some people in the world who cannot do enough for others. One of these "doers" is a Naval Hospital Orlando American Red Cross Volunteer, Mr. Seymour Fletcher. Mr. Fletcher gives three mornings a week to help us; Thursday mornings, he works in the Pharmacy; Wednesday and Friday mornings, he works at the Information Desk. In addition, he is most active in the Make-a-Wish Program for those terminally ill children who want to come to Orlando. The local organization is called "Give Kids the World" and is supported by loads of volunteers from the churches and club groups interested in helping these children. Mr. Fletcher is a Jewish Community Center Volunteer for this program. The volunteers are always on-call and their job is to meet these children and their parents or escorts at the airport. They welcome them, present them with a souvenir, assist them with luggage, and expedite them on their way to their hotel or motel. There are anywhere from five to ten children arriving per week, with arrivals almost every day of the week. Some of these meetings are heart-breaking but Mr. Fletcher assures us that the rewards outweigh the heart-break! Our hats are off to Mr. Fletcher and all the others who assist these children!

**CIVIL LIFE**

By Ms I. Emma Walker

It's one event after another, sponsored, of course, by the CWRA, and always successful! Our July event, held on the 31st, was a 25¢-A-Dip luncheon, Hawaiian style! Our pictures will not do justice to the event since they must be viewed in black and white. From the servers, to the sumptuous buffet tables, to the decorations, it was Hawaii.



The biggest problem, as demonstrated by Mrs. Patricia Bentley, was making a decision on what to take next!

By the time Vital Signs is published, the August event, a seminar on Aids presented by CW04 James Pace, PA, USN, will have been held. The Board is still contemplating what kind of a September event we will have, but you certainly can start making plans now for October -- you know it will be our annual Octoberfest. Watch for a flyer on the September event.



CHAPLAIN'S COMMENTS

By LT Patrick R. Appleget, CHC, USNR

Let's grow in faith

We all remember what it was like to be children, and how much smarter we are now. We went to school and, as time passed, we learned and we grew in many ways. To continue to live in this world means that we have to grow in many areas. However, one area that many people do not grow in is the spiritual area. Faith comes and goes in stages. As children our faith was in a god that was a lot like our parent figure. Perhaps we prayed to a god that was a lot like Santa Claus. He was a god that rewarded good boys and girls. If you wanted something and were good, you expected to get it. There might have been a time when you decided that the whole idea of a higher being, a God, was false. Maybe you felt that religion was a hoax because there was no Santa Claus and nobody could be protected all the time and you were hurt.

Our stages of faith often end in unbelief because we did not get what we wanted or the world was not what it should be. But, there is another stage that mature believers find. It is a stage that recognizes that we are responsible individuals and that God allows us to be free. In that way we can find God on our own and see God as full of love and understanding and yet more powerful than any image we can imagine. This mature phase lets us see that God loves others besides ourselves and that God's redemptive love encompasses those most in need. God is more than a worker of miracles and the giver of answers.

Maybe you have been stuck at a certain stage of faith, maybe you expect a different kind of God. Spend some time with a believer and you will hear how they struggled and grew in faith. If you are mature in your faith, be patient with those who are not and give them your love -- after all, God gives love to all who want it. Peace.



CAREER COUNSELOR'S CORNER

HM1 Thomas A. Gaston, USN

Hello!



My name is HM1 Thomas Gaston, USN, and I am now your Command Career Counselor. I recently completed the Career Counselor Course at NAS Corpus Christi and am now looking forward to this new assignment with excitement and anticipation. The exciting part is knowing that I will be in a position to help every enlisted staff member take the steps that will enhance his or her Naval Career. By working with your Senior Enlisted Advisor and with me, you will have every opportunity to plan and achieve important goals of your career. I have some very large shoes to fill ... HM1 DeAnn Farr has done a very commendable job as your Career Counselor ... and my hope is that I will be able to maintain this high standard of excellence.

I have been stationed at this command since October 1984, assigned as the Leading Petty Officer of the Ophthalmology Department. I have a total of 14 years in the Navy and I am married to HM1 Nannette Gaston, USN, who is assigned to Operating Management Department. We have three children: Jennifer, Shawn and Nicholas.

In closing, I would like to reinforce the need to use the Chain of Command within the Retention Team. Seek out your Senior Enlisted Advisor first. If he or she cannot answer your questions, I will be available. I will maintain an OPEN DOOR policy so come on by and say HELLO!

EN -  - N -  - T

By HM1 Jacqueline Davies, USN

Florida's DUI Law

Florida's DUI Law is considered to be one of the nation's toughest! The Governor and the Cabinet have asked state and local law enforcement agencies to actively enforce the law. If you are found guilty of driving under the influence of alcohol or controlled substance, or driving with an unlawful blood alcohol level, you are subject to substantial penalties, including fines and imprisonment!

First time offenders can get \$250 fine; imprisonment for up to six months; at least 50 hours community services; at least six months revocation of driver's license; mandatory attendance of a Substance Abuse Education Course.

Persons with two or more convictions face: MANDATORY terms of imprisonment; increased fines and revocation periods; mandatory attendance of a Substance Abuse Education Course.

If a law enforcement officer reasonably believes that a person has been driving under the influence, he may request the driver to submit to: a breath alcohol test; a urine test for controlled substance; a blood test for controlled substances or blood alcohol content. If the blood alcohol level is .05%, the charge would be Driving Under the Influence (DUI); if the level was .10%, the charge would be Driving While Intoxicated (DWI). A level of .10% is considered legally drunk in most states.

Did you know that a REFUSAL TO SUBMIT to a required breath, urine, or blood test will result in: at least 6 months and possibly 12 months suspension of your driver's license; and prosecution for DUI. In the event of an accident involving death or serious injury, the officer may use reasonable force to require the driver to submit to testing. Keep in mind that NTC and NavHospOrl support Florida's DUI Law!



NURSING SERVICES



By LCDR Jean M. Ensor, NC, USN

Puff, puff, puff ...

Almost all smokers agree that there is nothing more irritating than having someone nag, nag, nag about quitting. However, the "non-smokers" are becoming more vocal and are standing up for their rights to a smoke-free environment. Smokers have not been known to worry about those around them but the hue and cry from the non-smokers has really created an awareness of smoke-free environments and caused all employers to take serious steps to ensure the rights of non-smokers are protected.

Smokers get defensive and say, "What's the big deal, they're MY lungs!" Ha, but it is not just THEIR LUNGS! The friends, family members, and co-workers, who surround the smoker, are now called "passive smokers." Why? If you are sitting near a smoker and look at the burning end of the cigarette, you will see smoke curling up from the end of the cigarette. This is called "side-stream smoke." Surprisingly, this "side-stream" smoke contains 4,000 chemicals -- some at concentrations 70 times greater than the smoke going into the smoker's lungs. This smoke just doesn't get in your lungs ... it invades your body. Nicotine can be found in the blood and urine of a passive smoker. Also their heart rate and blood pressure can be affected. Two researchers measured the air pollution in a New York City night club. The results showed that a non-smoking customer would inhale an amount of carcinogenic DMN in one hour equivalent to what the smoker inhales if he or she smoked a pack an hour! Unbelievable, but true! Have you noticed that the non-smoking sections of restaurants, airplanes, etc. are getting larger and larger and the number of smokers seems to be diminishing? Now, for those of you who are still huffin' and puffin', I'm not going to nag ... I'm just putting some thoughts out to see how they spiral around!



LAB LINE

By LCDR L. S. Sarbeck, MC, USNR

No pregnancy testing!

If you want to be absolutely correct from a technical standpoint, the Lab does not do pregnancy testing. We test for the presence of the beta subunit of the human chorionic gonadotropin hormone molecule (beta-HCG). In the overwhelming majority of cases, the reason for an elevation of beta-HCG is pregnancy. There are, however, a number of conditions in which the beta-HCG level is elevated and the patient is not pregnant. The patient may have had a recent spontaneous abortion and no longer be pregnant, or may have a non-endocrine tumor including tumors of the liver, pancreas, stomach, lung, or kidney. Beta-HCG is an effective tumor marker for patients with trophoblastic disease as well as uterine, cervical, ovarian, mammary, testicular, and prostatic tumors. Intracranial tumors, usually of germ cell origin, have also been known to produce B-HCG. Thus, the true determination of whether the patient is or is not pregnant should be left to the physician and not assumed from what is interpreted as a positive "pregnancy" test.



HM2 Duong T. Nguyen, on left, and HM2 Robert Martel, checking the log on the beta-HCG tests.

ASAP B-HCG testing, is available around-the-clock, can be completed and reported in less than an hour, and has a

Introducing ...



CDR D. G. Daniel, MSC(HP), USN, is now on board as our new Executive Officer. He reported to us from the U.S. Naval Hospital, Okinawa, Japan where he served as Executive Officer for the past two years.

New duties



CAPT J. M. Ricciardi, MC, USN, has now assumed the duties as command "Medical Director," Code 00Q, and heads the Quality Assurance Program.

sensitivity down to 25 mIU/mL. Routine tests are run once per day, Monday through Friday. All testing is performed on blood serum. Naval Hospital Orlando has the distinction of doing more beta-HCG testing than any other single medical facility in the country. This is due, in part, to the screening of all female recruits. We use the most sophisticated equipment and sensitive methodology available, but don't ask for the "pregnancy testing results." Rather, ask for the beta-HCG results.

From the Skipper

STRAIGHT TALK

CAPT D. D. Palmer

Peoples sensitivities

Those readers who have recently attended an indoctrination lecture, or have heard me opening a Rights and Responsibilities Workshop, are familiar with my feelings on people sensitivities. It is amazing how often we irritate or anger others without even realizing that we are doing it. This month I would like to relate to one area in which we need more or constant reminders and attention -- the way we address one another.

Think about the effect the following has upon a patient or other staff member:

- An adult patient is called by her last name only in the waiting room of Family Practice.
- A dependent wife is addressed as Ms in OB Clinic.
- An elderly patient is called by her first name by someone she has never met before.
- A Master Chief Petty Officer is called Chief by anyone.
- A Chief Warrant Officer is called Warrant Officer. When corrected, the offending career military man professes not to know how to tell the difference.
- An officer supervising a group of enlisted personnel on a detail addresses them as "OK boys, let's get to work."
- A First Class Petty Officer, talking to a group of enlisted women, starts out with, "Well, girls ..."
- A senior enlisted constantly calls others by their last name only.

The above are just food for thought. I'm sure each reader can think of another example or two where it is possible to offend someone. Let's all strive to be more aware of the sensitivities of others. Just a little bit of thought and effort can go a long way toward showing that we really believe in our motto, "Quality Care for Quality People," and my personal reminder to all, "Be Professional."

Command Master Chief's

"DOC" - 9 - LINE

By HMCM L. McColligan, USN

We're winners!

On the front page of this month's issue, you have read of our winning the Commander's Cup for the second year in a row. At the Annual Sports Banquet, remarks were made about athletic prowess and the like. But, in my mind we won the cup, not only because of skills on the playing fields of NTC, Orlando, but also because of a complete command effort. That effort was not confined to just those who were athletic participants; many of our staff participated in the "rooting section." Support for our program was stressed by the Commanding Officer on every occasion. Not necessarily to win as individuals, but to combine all of our personnel's talents, the pro's and the amateurs. As a collective group we became an effective group and consequently, once again, a winning group!

Chief Wayne Stankiewicz, early-on as Athletic Representative, set out our goal -- maximum participation, coupled with maximum fun, to ensure Naval Hospital Orlando winning the cup. Our success is due to a very large measure of Chief Stankiewicz's leadership. He encouraged all, although some would define his encouragement as hounding, to show up and try their best. They showed up, they did their best, they won! Now, let's do it again and bring that cup back to this command permanently!

Each day, I experience a continuing sense of pride in the strength and purpose of this command. Each day you are living proof of what "Esprit de Corps" is all about. All of you, military and civilian, have created a winning combination that will serve our country well for years to come.